

Building a stronger future

The Brattleboro Retreat today



2010 Calendar



Brattleboro Retreat
MENTAL HEALTH AND ADDICTION CARE

The Brattleboro Retreat today

Building a stronger future



"Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength."

—August Wilson, American playwright

The Brattleboro Retreat

Accredited by

- The Joint Commission

Licensed by

- Vermont Department of Banking, Insurance, Securities and Health Care

Approved by

- Health Care Financing Administration
- Vermont Department of Education

Affiliated with

- Smith College School of Social Work
- Universities of Massachusetts and Connecticut
- Antioch New England Graduate School

Member

- Ivy League Hospitals

Admissions, referrals and information

(800) RETREAT (738-7328)
brattlebororetreat.org

Photographs of the Brattleboro Retreat and staff by Joel Haskell and Jeff Kelliher

Every day at the Brattleboro Retreat, lives are changed. A child takes a step toward learning to control his emotions. A woman finds the will to get through another day without a drink. A traumatized veteran thinks he's falling, only to find hands ready to catch him and lift him up from despair. This year we offer 12 new glimpses of life and work at the Brattleboro Retreat—where every day, pain and uncertainty are met with strength and courage.

The Brattleboro Retreat is a not-for-profit, regional specialty mental health and addiction hospital, providing a full range of diagnostic and rehabilitative therapies for individuals of all ages and their families.

This calendar is dedicated to the patients who touch our lives every day.



Brattleboro Retreat

MENTAL HEALTH AND ADDICTION CARE

brattlebororetreat.org • 1-800-RETREAT
Anna Marsh Lane, P.O. Box 803, Brattleboro, VT 05302



Celebrating 175 years of strength

In 2009, the Brattleboro Retreat marked 175 years of pioneering humane mental health care. Our birthday party was more than a chance for the Retreat and its friends to look back on a history of shared effort, and to raise funds for campus restoration. It was an opportunity to rededicate ourselves to building a stronger future for our patients in the years to come.

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <small>NEW YEARS DAY KWANZAA ENDS</small>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 <small>MARTIN LUTHER KING, JR. DAY</small>	19	20	21	22	23
24	25	26	27	28	29	30
31			<p><i>"We're looking for an outcome where a person feels re-engaged in life. Where a child feels joy in waking up in the morning. That to us is what the legacy of Anna Marsh is all about."</i></p> <p>—Rob Simpson, DSW, MPH, president and chief executive officer</p>			



Central Intake Services

We're dedicated to helping people find their way from the moment they ask us for help. It's why we created just one phone number and Web site address for referrals. And it's why we remodeled our campus to create a single entry point for all patients in inpatient, residential and ambulatory programs.

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <small>GROUNDHOG DAY</small>	3	4	5	6
7	8	9	10	11	12	13
14 <small>VALENTINE'S DAY</small>	15 <small>PRESIDENTS' DAY</small>	16	17 <small>ASH WEDNESDAY</small>	18	19	20
21	22	23	24	25	26	27

28		
	<p><i>"One of the advantages of working here 25 years is that I have seen people get better and really turn their lives around."</i></p> <p>—Robert Stack, LADC, LMHC, counselor</p>	



LGBT Program

People who are lesbian, gay, bisexual or transgender sometimes feel excluded by traditional mental health and addiction programs. So in 2009 we created a safe haven—an exclusive program for LGBT individuals to receive care in an affirming, inclusive environment, free from prejudice.

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
DAYLIGHT SAVINGS TIME STARTS			ST. PATRICK'S DAY			FIRST DAY OF SPRING
21	22	23	24	25	26	27
28	29	30	31			
PALM SUNDAY		PASSOVER BEGINS AT SUNDOWN				



"One of the most powerful processes in any therapeutic environment is to have someone on the clinical team who 'gets you.'"
—Julie Praus, MD, medical director



Anna Marsh Behavioral Care Clinic

When people are faced with problems that hurt the heart and soul, they can turn to the clinic named for the founder of the Brattleboro Retreat. Our comprehensive community treatment center serves families, couples and individuals of all ages who want to feel better and function better in their daily lives.

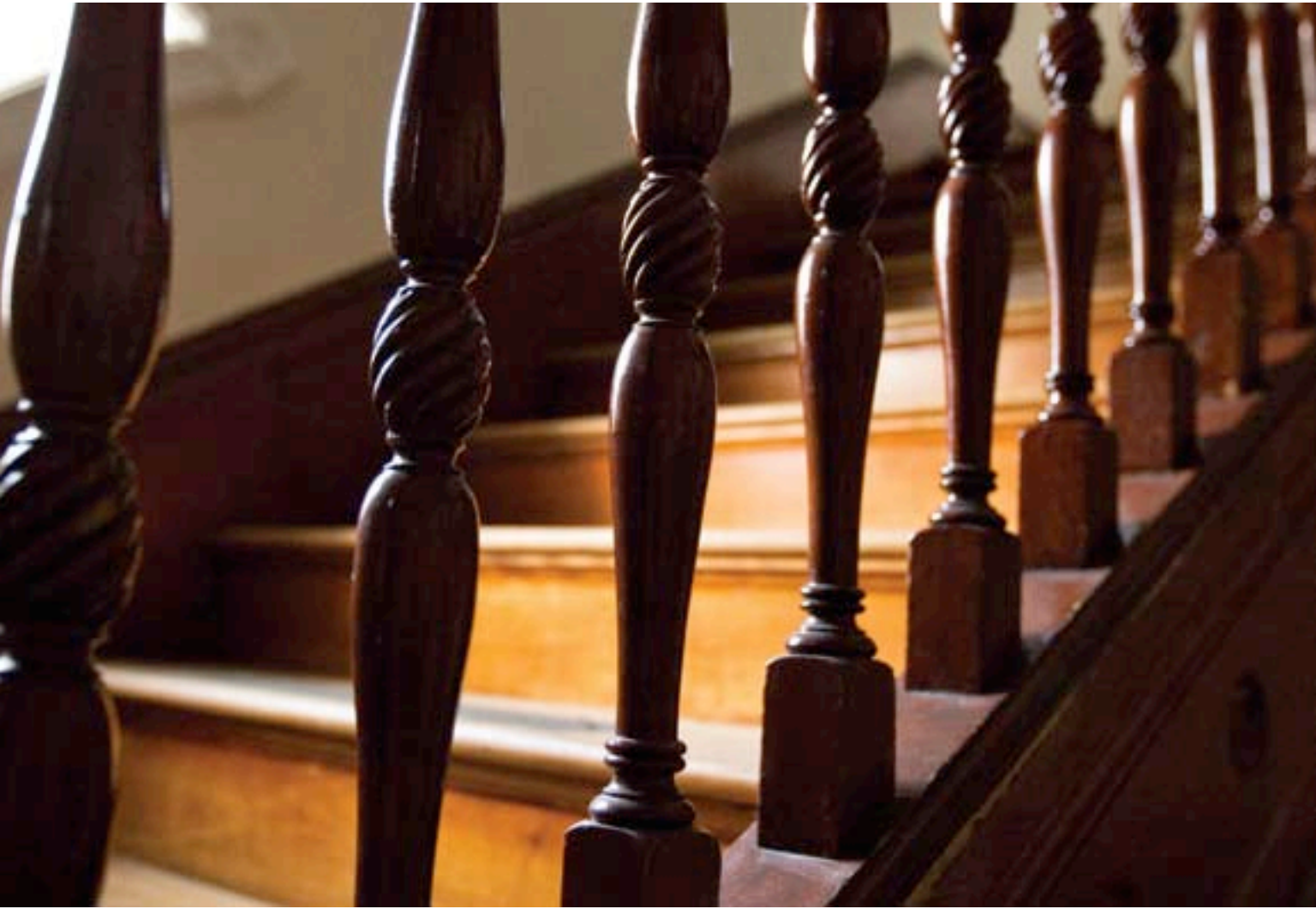
April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <small>APRIL FOOL'S DAY</small>	2 <small>GOOD FRIDAY</small>	3
4 <small>EASTER</small>	5	6 <small>LAST DAY OF PASSOVER</small>	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 <small>EARTH DAY</small>	23	24
25	26	27	28	29	30	

"This place was founded in 1834. Anna Marsh bequeathed \$10,000. She had a commitment in her heart that moral treatment was the way to go. What that's translated down through the years is respect and dignity. It is putting the person who seeks our care at the center of treatment."

—Peter Albert, LICSW, director, PrimariLink and External Affairs





Starting Now™ Addictions Treatment

Our intensive outpatient drug and alcohol addictions treatment program allows people to live at home and continue to work while taking part in therapy. Starting Now combines the 12-step approach of Alcoholics Anonymous with a focus on building skills that help people regain control of their lives.

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 <small>CINCO DE MAYO</small>	6	7	8
9 <small>MOTHER'S DAY</small>	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 <small>MEMORIAL DAY</small>			<p><i>"When I came here I cried my heart out, and it was good because I hadn't cried in 20 years. If you needed to get something off your chest they were there to listen, not to criticize—and to support. They treated me like I was a human being."</i></p> <p>—Mike, recovering alcoholic</p>		



Childrens' Services

For too many young people, the joys of growing up are threatened by the challenges of mental illness and addiction. In 2009, we remodeled our childrens' inpatient psychiatric unit to address this growing need and reflect today's best practices. Additions include a day room, a sensory integration room and a private family visiting space.

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	FLAG DAY					
20	21	22	23	24	25	26
FATHER'S DAY	FIRST DAY OF SUMMER					
27	28	29	30			



"If not for the Retreat, my daughter would have continued on a path of self-destruction. They worked with us as a team, and thought about us as a family. They were really amazing. I got my hope back, and now she can dance again!"

—Joy, patient's mother



The BirchesSM Partial Hospitalization

The Brattleboro Retreat offers care options for every level of illness, from outpatient services to full hospital care. In between these two options is The Birches. This program serves adults who are stepping down from inpatient hospital treatment, or who need more intensive services than outpatient care.

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
INDEPENDENCE DAY						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



"This work we do, the work of therapy, is to help people find a path of personal recovery—a transformation of their suffering, pain and illness. It is a great privilege for me to be involved in this journey."

—Kurt White, LICSW, director of The Birches and Starting Now





Co-occurring Disorders Program

Because people often struggle with both mental illness and addiction, they need treatment that deals with both problems. This program provides inpatient drug and alcohol detox and short term stabilization for addiction while addressing the individual's mental health concerns.

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 <small>FIRST DAY OF RAMADAN</small>	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



"There are lots of important jobs in the world—but I don't ever feel the need to question how important my job is."
—Todd Maietta, program assistant



Uniformed Services Program

People who serve in uniform are trained to call for backup. But it can be hard to ask for help when the situation is personal. In 2009, we launched an exclusive, specialized program to help uniformed professionals find the strength to deal with the traumas that can go with the job.

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 <small>LABOR DAY</small>	7	8 <small>ROSH HASHANAH BEGINS AT SUNSET</small>	9 <small>END OF RAMADAN</small>	10 <small>ROSH HASHANAH ENDS AT NIGHTFALL</small>	11
12	13	14	15	16	17 <small>YOM KIPPUR BEGINS AT SUNSET</small>	18 <small>YOM KIPPUR ENDS AT NIGHTFALL</small>
19	20	21	22	23 <small>FIRST DAY OF AUTUMN</small>	24	25
26	27	28	29	30		



"The people I work with have faced situations no one should ever have to see, on duty or in combat. It's amazing to see these brave men and women gather the courage to face themselves."
—Dana Moore, MAR, MA—lead therapist, Uniformed Services Program





Recreation and Creative Therapy

We believe that physical and spiritual wellbeing are important to mental health. That's why care at the Brattleboro Retreat includes outdoor activities and art therapy that helps patients learn how to draw strength from experience by challenging themselves and expressing themselves in new ways.

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 <small>COLUMBUS DAY</small>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 <small>HALLOWEEN</small>			<p>"The artwork created here often provides a window into how our patients are trying to survive at a very difficult point in life. Where else will they have that opportunity?"</p> <p>—Wendy Baxter, program director and creative arts therapist</p>			

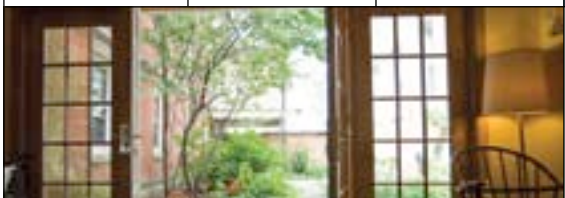


Continuing Education

For almost 30 years, the Brattleboro Retreat has been a leader in mental health education, hosting conferences that help the region's caregivers improve their skills to ensure the most effective patient care. In 2009, the Retreat extended its reach, offering seminars in Holyoke, Massachusetts and Montpelier, Vermont.

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
DAYLIGHT SAVINGS TIME ENDS				VETERAN'S DAY		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				THANKSGIVING		
28	29	30				



"This program is truly a wonderful asset to the continued training and professional development of human service providers throughout the region."

—Beth Hollenbeck, Ph.D., Mountain Wellness Associates, Keene, NH



Educational Services

We believe in minimizing the disruptions that mental illness and addiction cause to daily life. So we offer The Meadows Educational Center, a Vermont-approved school that lets young people keep up with their studies. Our BRIDGES program creates individual plans to help students integrate studies with needed care.

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <small>HANUKKAH BEGINS AT SUNDOWN</small>	3	4
5	6	7	8	9 <small>HANUKKAH ENDS AT SUNDOWN</small>	10	11
12	13	14	15	16	17	18
19	20	21 <small>FIRST DAY OF WINTER</small>	22	23	24	25 <small>CHRISTMAS DAY</small>
26 <small>KWANZAA BEGINS</small>	27	28	29	30	31 <small>NEW YEARS EVE</small>	



" This work allows me to be creative, spontaneous and to help others. And even though our children sometimes have overwhelming problems, they're still just kids and they're a joy."

—Lynda Smith, program coordinator, BRIDGES program



Brattleboro Retreat

MENTAL HEALTH AND ADDICTION CARE

Mission Statement

*Inspired by the courage of our patients,
the Brattleboro Retreat
is dedicated to children, adolescents and adults
in their pursuit of recovery from mental illness,
psychological trauma and addiction.*

*We are committed to excellence in treatment, advocacy,
education, research and community service.*

*We provide hope, healing, safety and privacy
through a full continuum of medical and holistic services
delivered by expert caregivers
in a uniquely restorative Vermont setting.*